

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 4**
- 9:30 Morning Devotions
 - 10:15 Morning Exercise
 - 11:00 Finish the Phrase
 - 1:30 How or Low
 - 2:00 Conductorcises
 - 3:30 Poetry Corner
 - 4:00 Sing an Old Favorite
 - 6:30 Pick a Flick

- 5**
- 9:30 Tai Chi
 - 10:15 Coffee Chat
 - 10:45 What am I??
 - 1:15 Ski Ball
 - 2:00 Creative Colors
 - 3:00 Happy Hour
 - 4:00 Musical Memories
 - 6:00 Poetry Reading

- 6**
- 9:30 Strength & Balance
 - 10:15 Chicken Soup for the Soul
 - 10:45 Brain Teasers
 - 1:15 Penny Ante
 - 1:30 Nature Walk
 - 2:00 Bingo
 - 3:00 Name that Tune
 - 6:00 Chicken Soup for the Soul

- 7**
- 9:30 Movement is Medicine
 - 10:45 Finish the Slogan
 - 11:00 Whats Happening
 - 1:15 Move to the Music
 - 1:15 Who said it
 - 2:30 Happy Hour
 - 4:00 Musical Memories
 - 6:00 Caring & Sharing

- 1**
- 9:30 Tai Chi
 - 10:30 Rosary Corner
 - 11:00 Fact or Fiction
 - 1:15 Putting Time
 - 2:00 Cooking Demo w/ Bela
 - 3:00 Famous Faces
 - 4:00 Life Stories
 - 7:00 Wheel of Fortune

- 2**
- 9:30 Strength & Balance
 - 10:15 Group Crosswords
 - 11:00 Morning Meditation
 - 1:15 Reminsce & Toss
 - 2:00 Music with Chris Waters**
 - 3:00 Happy Hour
 - 3:30 Rhyme Time
 - 6:00 Aroma Therapy

- 3**
- 9:00 Coffee Chat
 - 9:30 Movement is Medicine
 - 10:15 Word Unscramble
 - 1:30 Nail Spa
 - 2:00 Bingo
 - 3:00 Strength & Balance
 - 4:00 Musical Memories
 - 6:00 Faces & Places

- 11**
- 9:30 Morning Devotions
 - 10:15 Morning Exercise
 - 10:45 Trivia of the Season
 - 1:30 How or Low
 - 2:00 Conductorcises
 - 3:30 Poetry Corner
 - 4:00 Sing an Old Favorite
 - 6:30 Pick a Flick

- 12**
- 9:30 Tai Chi
 - 10:15 Coffee Chat
 - 10:30 iPad Experience
 - 1:15 Resident Council**
 - 1:15 Walking Group
 - 3:00 Happy Hour
 - 4:00 Musical Memories
 - 6:00 Poetry Reading

- 13**
- 9:30 Strength & Balance
 - 10:30 Trivia of the Season
 - 11:00 Aroma Therapy
 - 1:15 Crafty Creations
 - 1:30 Nature Walk
 - 2:00 Bingo
 - 3:00 Name that Tune
 - 6:00 Chicken Soup for the Soul

- 14**
- 9:30 Movement is Medicine
 - 10:45 Wheel of Fortune
 - 11:00 Whats Happening
 - 1:15 Move to the Music
 - 3:00 Happy Hour
 - 3:00 What did it Cost??
 - 4:00 Musical Memories
 - 6:00 Caring & Sharing

- 15**
- 9:30 Tai Chi
 - 10:30 Rosary Corner
 - 11:00 Cranium Crunches
 - 1:15 Toss it
 - 2:00 Cooking Demo w/ Bela
 - 3:00 Virtual Museum Tour
 - 4:00 Life Stories
 - 7:00 Wheel of Fortune

- 16**
- 9:30 Strength & Balance
 - 10:15 Famous Faces
 - 11:00 Morning Meditation
 - 1:15 Big Pin Bowling
 - 2:00 Music with Mark Olsen**
 - 3:00 Happy Hour
 - 3:30 Finish the Quote
 - 6:00 Aroma Therapy

- 17**
- 9:00 Coffee Chat
 - 9:30 Movement is Medicine
 - 10:30 You be the Judge
 - 1:30 Strength & Balance
 - 1:30 Nail Spa
 - 2:00 Bingo
 - 4:00 Musical Memories
 - 6:00 Faces & Places

- 18**
- 9:30 Morning Devotions
 - 10:15 Morning Exercise
 - 10:45 Finish the Phrase
 - 1:30 How or Low
 - 2:00 Conductorcises
 - 3:30 Poetry Corner
 - 4:00 Sing an Old Favorite
 - 6:30 Pick a Flick

- 19**
- 9:30 Tai Chi
 - 10:15 Coffee Chat
 - 10:30 iPad Experience
 - 10:45 Finishing Lines
 - 1:15 Walking Group
 - 3:00 Happy Hour
 - 4:00 Musical Memories
 - 6:00 Poetry Reading

- 20**
- 9:30 Strength & Balance
 - 10:45 Brain Teasers
 - 11:00 Aroma Therapy
 - 1:15 Crafty Creations
 - 1:30 Nature Walk
 - 2:00 Bingo
 - 3:00 Name that Tune
 - 6:00 Chicken Soup for the Soul

- 21**
- 9:30 Movement is Medicine
 - 10:45 Finish the Slogan
 - 11:00 Whats Happening
 - 1:15 Move to the Music
 - 3:00 Happy Hour
 - 3:30 Pick apart the Word
 - 4:00 Musical Memories
 - 6:00 Caring & Sharing

- 22** Happy Birthday Ernie!!
- 9:30 Tai Chi
 - 10:30 Rosary Corner
 - 11:00 Famous Faces
 - 1:15 Step in time
 - 2:00 Ernie's Birthday Celebration**
 - 3:00 Virtual Museum Tour
 - 4:00 Life Stories
 - 7:00 Wheel of Fortune

- 23**
- 9:30 Strength & Balance
 - 10:15 Famous Faces
 - 11:00 Morning Meditation
 - 1:15 Big Pin Bowling
 - 2:00 Music with Matt McCabe**
 - 3:00 Happy Hour
 - 3:30 Finish the Phrase
 - 6:00 Aroma Therapy

- 24**
- 9:00 Coffee Chat
 - 9:30 Movement is Medicine
 - 10:30 You be the Judge
 - 1:30 Strength & Balance
 - 1:30 Nail Spa
 - 2:00 Bingo
 - 4:00 Musical Memories
 - 6:00 Faces & Places

- 25**
- 9:30 Morning Devotions
 - 10:15 Morning Exercise
 - 10:45 Trivia of the Season
 - 1:30 How or Low
 - 2:00 Conductorcises
 - 3:30 Poetry Corner
 - 4:00 Sing an Old Favorite
 - 6:30 Pick a Flick

- 26**
- 9:30 Tai Chi
 - 10:15 Coffee Chat
 - 10:30 iPad Experience
 - 1:15 Walking Group
 - 3:00 Happy Hour
 - 3:30 What am I??
 - 4:00 Musical Memories
 - 6:00 Poetry Reading

- 27**
- 9:30 Strength & Balance
 - 10:30 Community Service Project**
 - 11:00 Aroma Therapy
 - 1:15 Crafty Creations
 - 1:30 Nature Walk
 - 2:00 Bingo
 - 3:00 Name that Tune
 - 6:00 Chicken Soup for the Soul

- 28**
- 9:30 Movement is Medicine
 - 10:45 Wheel of Fortune
 - 11:00 Whats Happening
 - 1:15 Move to the Music
 - 3:00 Happy Hour
 - 3:30 Word Challenge
 - 4:00 Musical Memories
 - 6:00 Caring & Sharing

- 29**
- 9:30 Tai Chi
 - 10:30 Rosary Corner
 - 11:00 Group Crosswords
 - 1:15 Step in time
 - 2:00 Cooking Demo w/ Bela
 - 3:00 Virtual Museum Tour
 - 4:00 Life Stories
 - 7:00 Wheel of Fortune

- 30**
- 9:30 Strength & Balance
 - 10:15 Famous Faces
 - 11:00 Morning Meditation
 - 1:15 Big Pin Bowling
 - 2:00 Music with Dave V**
 - 3:00 Happy Hour
 - 3:30 Past or Present
 - 6:00 Aroma Therapy

- 31**
- 9:00 Coffee Chat
 - 9:30 Movement is Medicine
 - 10:30 Halloween Fact or Fiction
 - 1:30 Strength & Balance
 - 1:30 Nail Spa
 - 2:00 Halloween Social**
 - 4:00 Musical Memories
 - 6:00 Faces & Places

October Special Events

Oct. 2nd
Music with
Chris Waters

Oct. 9th
Music with
Mike Dardis

Oct. 16th
Music with
Mark Olsen

Oct. 23rd
Music with
Matt McCabe

Oct. 30th
Music with
Dave Valerio

Oct. 31st
Halloween Social

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.